



Senior Center of York Announces September Events

Yorktown, Aug. 30--The Senior Center of York has scheduled a variety of educational and entertaining programs for September. Participation is open to seniors age 55 or better and their spouses, regardless of age.

The Center is located in the Washington Square Shopping Center at 5314 George Washington Memorial Highway (Rt. 17), and is open Monday through Friday from 9 a.m. to 4:30 p.m. The Center is closed all County Holidays. Reservations are required for all sessions, and are on a first-come, first-serve basis. To register, stop by the Center or call 898-3807. For more information, visit www.yorkcounty.gov/comser/srcenter.

Picnic in the Park, Sept. 8 - The Senior Center will combine the Picnic in the Park with the August and September Birthday Bashes on Friday, Sept. 8, from 10 a.m. to 2 p.m. at the Yorktown Beach picnic area. The menu will include fried fish, hamburgers, hot dogs, cole slaw, potato salad, baked beans, birthday cake and beverage. Directions will be made available and transportation will be coordinated from the Center. In the event of rain, the picnic will be held at the Senior Center of York.

Senior Center's 2006 Annual Fundraiser, Sept. 16 – Fundraiser to take place Saturday, Sept. 16, from 9 a.m. to 1 p.m. at the Senior Center of York. Featured events will include a White Elephant Sale, Bake Sale, Craft Fair, and Prize Drawings. The Center is seeking craft items and articles other than clothing. **Starting Sept. 1, donated items, with suggested prices attached may be delivered to the Senior Center from 9 a.m. to 4 p.m. Monday through Friday.** Limited pickup may be available for anyone donating larger items. Bake sale items may be delivered on **Friday, Sept. 15, from noon to 4 p.m.** or the day of the sale between 8:30 and 9:30 a.m. The Craft Fair will showcase a variety of crafts and much more. Tickets for prize drawings are available at the Center. Please call the Center concerning pickups or any other questions about this event. All proceeds from the fundraiser will benefit the Senior Center of York.

Cultural Day, Sept. 20 - Help celebrate “National Piano Month,” on Wednesday, Sept. 20, from 1 p.m. to 3 p.m. at the Center with show tunes and sing-a-longs.

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AARP Driver Safety Program, Sept. 21, 22 – This program is designed for drivers age 50 or over, and will take place on Thursday, Sept. 21, from 12:45 – 4:45 p.m. and Friday, Sept. 22, from 12:30 – 4:30 p.m. Drivers age 55 or over must attend both classes to receive state mandated three-year automobile insurance reduction. Many insurance companies are giving insurance reduction to drivers age 50 and over with the same attendance requirements. Those less than age 55 should check with their insurance company to see if they are entitled to the three-year insurance reduction. The cost of the program is \$10 and must be paid by check (made out to AARP) at the Senior Center.

Payment is requested at time of registration. Registration may be made in person at the Senior Center or by mail accompanied by the registration fee. There is no “behind the wheel” driving performed in this program. AARP membership is not required for registration. Class enrollment is limited to 25.

Health Day: Sleep Disorders, Wednesday, Sept. 27, at 12:45 p.m. – Almost one-third of the nation’s population suffers from some kind of sleep disorder. As you age, the inability to get a good night’s sleep increases with the onset of chronic illnesses, loss of a loved one, depression or some other life changing experience. The Sentara Williamsburg Community Hospital Sleep Wellness Center will present an informative program on various types of sleep disorders and provide tips on how you can improve your sleeping habits. For more information and to register, call the Senior Center at 898-3807 to register by Sept. 25.

Game Day, Sept. 29 – Try your hand at cards and various board games on Friday, Sept. 29, at 1 p.m. Join us for fun, games, and a refreshing beverage. Register with your game group by Wednesday, Sept. 27.

Computer Classes and General Computer Use – The computers are available for general use Monday through Friday, from 9:30 a.m. to 3:30 p.m. unless the lab is reserved for programmed activities. To use the computers you must sign in at the front desk of the Center.

Fall Computer Classes will be held in six-week sessions and are limited to nine participants. Contact the Center for more information or to register for any of the following classes:

Beginner Computer Lessons at the Center:

Session 1- Tuesdays, Sept. 12, through Oct. 17 from 1 to 3 p.m.

Session 2- Thursdays, Sept. 14, through Oct. 26 from 9:30 to 11 a.m.

Note: Beginner lessons should be completed before attending Microsoft Word or the Internet/E-mail Class.

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Intermediate Computer Lessons (Microsoft Word) at the Center:

Tuesdays, Sept. 12, through Oct. 17 from 9:30 to 11:30 a.m.

Internet /E-mail Classes at Grafton Middle School:

Thursdays, Sept. 14, through Oct. 26 from 3 to 4:30 p.m.

Blood Pressure Checks – The York County Fire Department – Grafton Station will provide blood pressure checks at the Senior Center on **Wednesdays from 12:30 to 1:30 p.m.** It is recommended that you call ahead to let the staff know you plan to visit the Center for this service. Note: Free blood pressure checks are also available at any York County Fire Station.

Craft Activities: For more details, please call the Center at 898-3807.

- **Crafts Unlimited – Monday, 9:30 to 11:30 a.m.**
- **Knitting and Crochet Class – Monday, 1 to 3 p.m.**
- **Ceramic Classes-** Will meet **1st and 3rd Tuesdays from 2 to 4 p.m.** Debbie Reed is the instructor. Classes are free. The projects make great gifts and treasures for your home. Pay for product as you go. Use instructor's stains or under glazes for \$2 a class or purchase your own.
- **Art Class** - Art Class will meet **Tuesdays from 10 a.m. to 1 p.m.** with Instructor Myrna Graham. This class is for anyone, beginner or advanced. Come explore your interests and techniques.
- **Quilters** meet on **Thursdays from 1 to 3 p.m.**
- **Hat Decorating Day, Monday, Sept. 18** – This class will be held from 9:30 a.m. to noon. Bring in your own hat to decorate or use provided supplies. A prize will be awarded for the "fanciest" hat.
- **Floral Stationery, Monday, Sept. 25** – This will be held from 9:30 a.m. to noon. This creative activity consists of decorating stationery with dried flowers.
- **Scrapbooking Class, Tuesday, Sept. 26** – This class will be held from 9 to 11:30 a.m. Becky Wallace of Creative Memories will be available to assist in the organization and layout of your book. Bring your photos and materials.

NOTE:

The Senior Center of York will be CLOSED on Monday, Sept. 4, in observance of Labor Day.

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